



Sweet Potato and Black Bean Medley

4 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 1 medium sweet potato
- 1 Tablespoon extra virgin olive oil
- ½ teaspoon ground cumin
- ½ teaspoon paprika
- ½ teaspoon ground chile powder
- 1 small bunch green onion, sliced on the diagonal
- 2 cups spinach, chopped
- 1 (15 ounce) can black beans, rinsed and drained

DIRECTIONS

1. Peel and chop sweet potatoes into small dice.
2. Heat a large skillet over medium-high heat. Add the oil and let warm, about 30 seconds.
3. Add sweet potatoes. Season with cumin, paprika, and ground chile, and allow potatoes to brown before stirring.
4. Cook until potatoes are cooked through, about 10 minutes, stirring occasionally. Watch the heat and adjust so that potatoes do not burn.
5. Once potatoes are cooked through, add the green onion and cook to soften them up a bit. Add the spinach and allow to wilt slightly. Stir in the black beans.

Nutrition Facts

4 servings per container	
Serving size	1 cup
Amount per serving	
Calories	210
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 33g	12%
Dietary Fiber 11g	39%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 4mg	20%
Potassium 536mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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